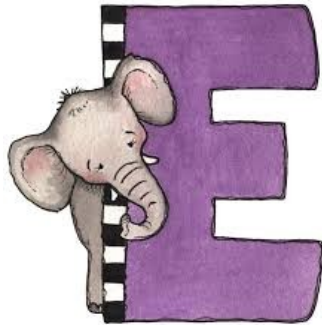


# *Newspaper*



2nd Model Experimental  
School Of Ioannina,  
Creece  
D' class

**2014-2015**

*Filia*

*Nature gives birth to the strongest aromatics and pharmaceutical plants, where the most extreme climate conditions meet.  
Such a place is Epirus, the land of ancient Pirrus.*





*Camomilla (Manzanilla)*

*The traditional Chamomile herbal tea is made from raw material, cultivated in Greece. Chamomile is traditionally used since Hippocrates and Dioscurides era for the alleviation of a variety of symptoms like constipation, headache, dizziness, insomnia and stress.*



**Preparation: For every cup of tea, put a teaspoon of the blend in the filter coffe machine or boil it. Add honey or sugar. Recommended 1-3 cups per day.**



4



*Lavender (lavandula): The beverage produced from this plant calms down, relaxes and can be used as a treatment for the insomnia. It can be used for the treatment of acne, too. One other advantage is its great odor.*

*Instructions: Boil water and put inside a spoonful of fresh or dry lavender flowers. Leave the flowers in the water for 10 minutes.*





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